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**TECHNOLOGY OF DISTRIBUTION AND CONTROL OF TRAINING  
LOADS OF CADETS AND TRAINEES AT THE STAGES OF  
ATHLETICS TRAINING**

**Bekhzod Kochqarovich Daminov\***

\*Lieutenant Colonel,  
Head of the Department of “Physical Education”,  
Higher Military Aviation School of the Republic of UZBEKISTAN  
Email id: daminovbehzod5@gmail.com

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**ABSTRACT**

*This article defines the distribution of training loads and training process management technology for short, medium and long distance runners in training steps for athletes. The study found that the total load in the medium and long distance races was aerobic, mixed and anaerobic. This means that the distribution of training loads in short, medium and long distance athletics needs to be improved from year to year. To do this, of course, the prospect of talent in the stages and periods of training requires the search for athletes among cadets and trainees, effective planning of training and management of sports training with them on the basis of new technologies.*

**KEYWORDS:** *Athlete, Cadet And Audience, Training, Management Technology, Load Intensity Zone, Initial, Beginner Specialization, Advanced Specialization, Sports Improvement Specialization, Short, Medium And Long Distances.*

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**INTRODUCTION**

To create modern conditions for physical culture and mass sports in our country, especially for the younger generation, who are the future heirs, to organize and plan sports training at a high level with cadets and trainees, cadets and the search for talented prospective athletes, the orientation of athletes to the multi-year training stages on the basis of selection, and the management of training with them on the basis of new technologies are among the most pressing issues in the training system.

The advanced military pedagogical experience accumulated in our country and in the practice of world sports directly affects the effectiveness of competition activities organized at different stages of the system of training athletes with the correct planning and management of training processes. However, a comparative analysis of the results of athletics in short, medium and long-distance running at the international championships among cadets and trainees today with the results of cadets and trainees of the Ministry of Defense of Uzbekistan when we arrived, it was found that there was a significant difference

between them. Recording the results of such sports shows that there are some shortcomings in the training of our athletes. This is due, firstly, to the incorrect distribution of workload in the planning of sports with them, secondly, to the fact that the training means are not used in accordance with the stages and periods of training, and thirdly, to the cadets and trainees. If there are mistakes in the selection of athletes, fourthly, the organization of training without taking into account their physical development, physical and functional condition, technical and tactical training leads to a decrease in the effectiveness of training short, medium and long distance runners. coming [1, p. 107; 2, pp. 15-20].

## **THE MAIN FINDINGS AND RESULTS**

Leading scientists V.N.Nikitushkin, V.K.Balsevich and others have conducted a number of scientific studies to improve the optimal planning of the system of training athletes to solve the above problems. However, in their work, the volume of downloads is generally given. The load planning data found that the exact rate of run, the number of repetitions, did not specify the age characteristics of military personnel, and that multi-year training planning programs were generally covered.

In this study, the volume of workload was taken into account by the age group of servicemen, the distribution of loads and the management scheme of training were given, and attempts were made to reveal the main components of management.

Inadequate training of cadets and trainees and feedback from military instructors. In addition, the management factors of the cadet and trainee training system, i.e. the current, intermediate and operational management system, are not well mastered by military instructors, which inevitably reduce the effectiveness of the military training system. Of course, this requires the use of a training management system in preparation. This will increase the effectiveness of targeted training of military athletes in the system of training cadets and trainees. To do this, of course, the prospect of talent in the stages and periods of training requires the search for athletes among cadets and trainees, effective planning of training and management of sports training with them on the basis of new technologies. This is one of the most important issues in the system of training cadets and trainees [3, pp. 215-264; 4, p. 244].

The purpose of the study: - To determine the correct distribution of loads in the training stages of cadets and trainees and the structure of sports management technology.

**Research objectives:** - To determine the effectiveness of the management of military sports training in the preparatory stages and to develop a management structure based on new technologies.

- Determining the number and amount of training sessions for military personnel in athletics training.

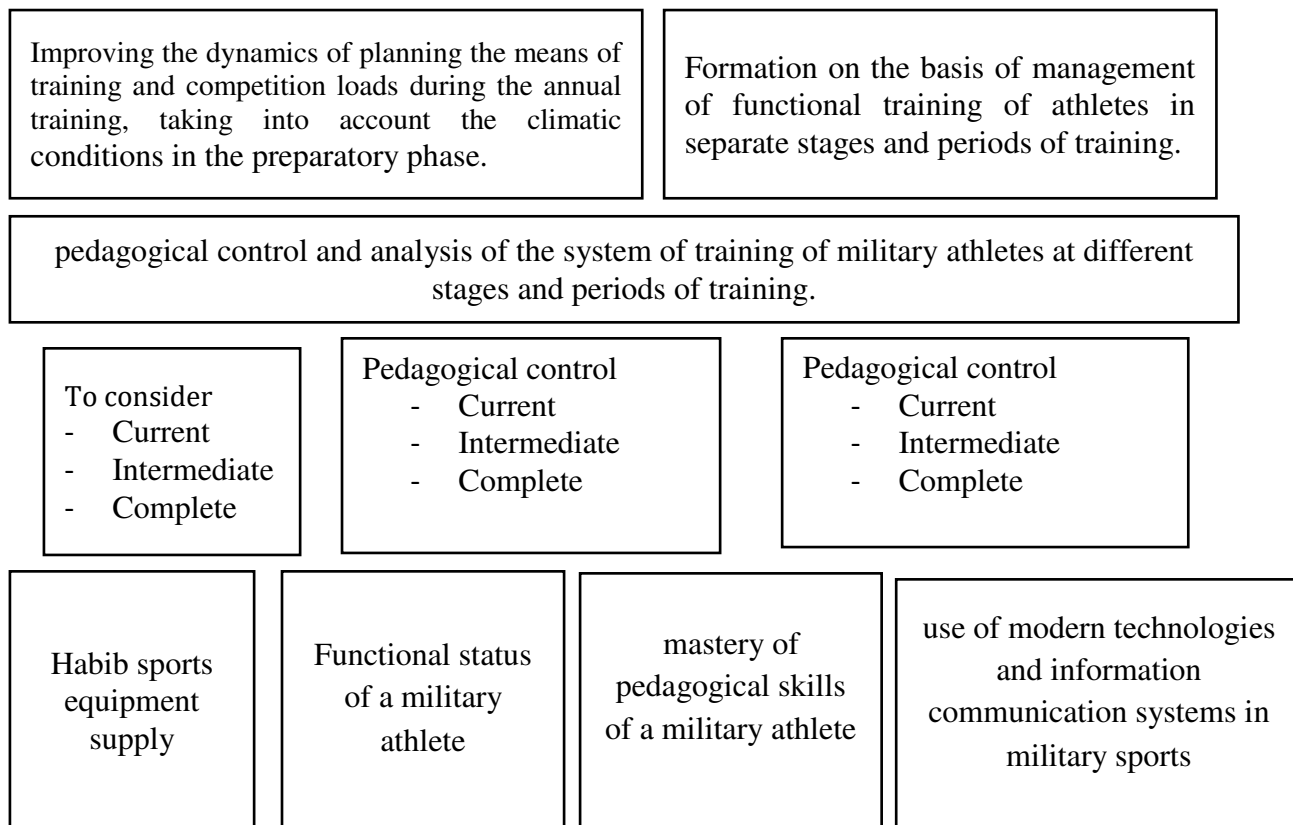
Results of the research and its discussion: According to the results of the research conducted on the preparatory stages, the analysis of training programs, special scientific-methodical, manuals and textbooks shows that from year to year training loads are aimed at the preparatory stage and will be improved based on their functions [2, pp. 15-20]. Athletes of the initial specialization stage of military training are selected and directed to a narrow specialization. Table 1. The content of the training will be focused on the narrow specialization, mastering the techniques of the chosen specialty and the formation of competitive experience. At the stage of sports development, such factors as targeted training of athletes for major competitions, comprehensive improvement of their integral training, gaining experience in international sports competitions are improved [4, p. 244].

Table 2 shows the correlation between the performance of special military training and the performance of the competition, depending on the stage of training.

Innovative technology for managing long-term training of military athletes consists of the following components:

- The purpose of training military athletes.
- Achieved sports results.
- Sample model features of training
- Prediction and modeling of military sports results in the training cycle.

**TABLE 1 TRAINING STRUCTURE FOR CADETS AND TRAINEES, ATHLETES FOR SHORT, MEDIUM AND LONG DISTANCE RUNNING**



The following factors that affect the training of military athletes during training affect the effectiveness of management.

During the training phase, the distribution of training loads in the short, medium and long-distance running types of athletics was determined as follows [5, 6].

**TABLE 2 DISTRIBUTION OF WORKLOAD TO CADETS AND TRAINEES IN THE PREPARATORY STAGES**

Types of preparation Running indicators and distances	The initial stage of preparation (For 16-17 year olds)	Initial preparation (For 17-18 year olds)	Advanced preparation phase (For 18-19 year olds)	Advanced specialization in sports (for 19-21 year olds)
Short-distance runners in the intensity zone in% (100m, 200m, 400m runners)	90-100% 3 km 80-90% 15 km 70-80% 100 km 60-70% 300 km Umumiy yuklamalar	90-100% 6 km 80-90% 15 km 70-80% 100 km 60-70% 400 km Umumiy yuklamalar	90-100% 15 km 80-90% 30 km 70-80% 237 km 60-70% 520 km Umumiy yuklamalar hajmi	90-100% 18 km 80-90% 57 km 70-80% 260 km 60-70% 450 km Umumiy yuklamalar hajmi

	hajmi 1000 m	hajmi 1300 m	1650 m	1800 m
Mid-range running distance (800 m, 1500 m)	The total load capacity is performed in Aerobic, Mixed and Anaerobic intensity zones. 1800 km 2000 km 2200 km	The total load capacity is performed in Aerobic, Mixed and Anaerobic intensity zones. 2000 km 2400 km 3000 km	The total load capacity is performed in Aerobic, Mixed and Anaerobic intensity zones. 2400 km 3000 km 3500 km	The total load capacity is performed in Aerobic, Mixed and Anaerobic intensity zones. 3000 km 4000 km 4500 km
Long-distance running distance (3000m, 5000m, 10000m)	The total load capacity is performed in Aerobic, Mixed and Anaerobic intensity zones. 2200 km 2400 km 2800 km	The total load capacity is performed in Aerobic, Mixed and Anaerobic intensity zones. 2400 km 3000 km 3500 km	The total load capacity is performed in Aerobic, Mixed and Anaerobic intensity zones. 3000 km 3800 km 4500 km	The total load capacity is performed in Aerobic, Mixed and Anaerobic intensity zones. 3500 km 4500 km 6000 km

The table above shows the volume and intensity zone for short, medium, and long-distance runners, as well as the total load performed during the multi-year training phase. In short-distance running, it was observed that the percentage of training in the intensity zones is based on the training objectives. The study found that the total load in the medium and long distance races was aerobic, mixed and anaerobic. This means that the distribution of training loads in short, medium and long distance athletics needs to be improved from year to year. In addition, the distribution and planning of workload in sports practice should take into account the experience, level of development, age, training, functional status of military athletes.

Conclusions: The results of the study allowed us to draw the following conclusions:

“It has been found that there are not enough scientific and methodological resources for the training of athletes in the training of Habib servicemen”.

“Based on the results of the study, it was found that the content of training in the military varies from year to year, its objectives, the volume of workload and the intensity of execution”.

- Short-distance running loads are determined by the intensity zone during the training phase. In the medium and long distance races, the distribution of training loads was determined on the basis of aerobic and anaerobic loads.

- It was observed that the distribution of training loads by military instructors in the distribution of training loads in short, medium and long-distance running in the training of military personnel does not ensure the achievement of the expected sports results. As a result, the training of military athletes does not fully ensure the effectiveness of training.

## CONCLUSION

The study found that the average load on short-distance running was 1,300-1,500 km in the primary specialization, of which 40% was for special physical training and 60% for general physical training. In the advanced stage, the total load was 1,650 km, of which 42.5% was focused on special running exercises, and 57.5% on general physical training. At the stage of sports development, the total volume of loads was 1,800 km, of which 43.6% were in the II-III-IV-V intensity zones, while 56.4% were total and non-specialized loads.

For medium distances, the exercises are performed in aerobic and anaerobic mode. From this, it was determined that at the initial stage of preparation, the total load will be from 1800 km to 2200 km. In the primary specialization, the total load capacity is 2,400 to 3,500 km in the 2,000 to 3,000 km deep specialization. In the sports improvement group, the total volume of loads ranged from 3,000 km to 4,500 km.

In the long-distance runners, the average load in the initial stage is from 2,200 km to 2,800 km, and in the primary specialization - from 2,400 km to 3,500 km. In the advanced specialization stage, it was determined that the total load will be from 3,000 km to 4,500 km, and in the specialty of sports improvement - from 3,500 to 6,000 km. The results of the study require the development and implementation of new planning programs for the training of athletes in athletics.

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